

Amendments to the Claims:

1. (Currently Amended) An exercise system comprising:

an exercise apparatus providing a scripted virtual personal training experience for a user of said exercise apparatus including a visual display and at least one of loudspeaker to provide a vocal instruction, comment and encouragement of a virtual personal trainer associated with the warning of an impending change in said training exercise experience of said user, and automatically modifying said training experience of said user after said vocal warning by controlling an actuator.

2. (Currently Amended) An exercise system as recited in claim 1 wherein said exercise apparatus is one of a plurality of exercise apparatus, each of which is in at least part-time communication with a computer via a network coupling said plurality of exercise apparatus to said computer.

3. (Currently Amended) An exercise system as recited in claim [[2]] 1 further comprising a server in at least part time communication with said computer wherein said scripted virtual personal training experience is stored in a digital storage medium associated with said exercise apparatus.

4. (Canceled)

5. (Currently Amended) An exercise system as recited in claim 1 wherein said automatic changing of said exercise experience includes the a changing of an operating parameter of said exercise apparatus in a way that is associated with at least one of said vocal warning instruction, comment and encouragement of said virtual personal trainer.

6-7. (Canceled)

8. (Currently Amended) A local An exercise system as recited in claim 5 wherein said exercise apparatus is selected from the group consisting essentially of a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

9. (Currently Amended) A local An exercise system as recited in claim 5 wherein said operating parameter is a difficulty setting for said exercise apparatus.

10-14. (Canceled)

15. (Currently Amended) A method for creating an exercise experience comprising:

providing a virtual scripted virtual personal training experience for a user of an exercise apparatus, said scripted personal training experience including a visual display and at least one of vocal instruction, comment and encouragement of a virutal personal trainer which is associated with the warning of an impending change in said exercise training experience of said user of said exercise apparatus, and automatically changing said training experience of said user after said vocal warning.

16. (Previously presented) A method for creating an exercise experience as recited in claim 15 further comprising establishing a communication linkage including an Internet link between said exercise apparatus and a remote system.

17. (Currently Amended) A method for creating an exercise experience as recited in claim 15 wherein said automatic changing of said exercise experience includes a changing of an operating parameter of said exercise apparatus in relation to consistent with by said at least one of vocal warning instruction, comment and encouragement of said virutal personal trainer.

18. (Currently Amended) An exercise apparatus comprising:

a frame;

a body-engaging member;

an acuator coupled between said frame and said body-engaging member;

a visual display; and

an audio display providing at least one of vocal instruction, comment and encouragement of a virtual personal trainer; an audible warning of an impending change in a scripted exercise session; and

an actuator controller coupled to said actuator for implementing said change subsequent to said audible warning.

19. (Canceled).

20. (Currently Amended) An exercise apparatus as recited in claim [[19]] 18 further comprising a ~~wherein~~ said visual display displaying images related to said scripted exercise session. can display images that are synchronized with said at least one of vocal instruction, comment and encouragement of said virtual personal trainer.

21. (Previously Presented) An exercise apparatus as recited in claim 20 wherein said acuator controller is sychronized with at least one of said visual display and said audio display.

22. (Currently Amended) An exercise apparatus as recited in claim 21 wherein control signals for at least one of said visual ~~display~~ display, said audio display, and said actuator are at least temporarily digitally stored.

23. (New) An exercise apparatus as recited in claim 18 wherein said exercise apparatus is selected from the group consisting essentially of a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.